



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVE YOUR KIDS THE GIFT OF HEALTH

H.I.P. Kids (Health Intervention Program)
LANSDALE AREA FAMILY YMCA

Healthy eating and weight loss for kids 7-13 who are, or who are at risk of becoming, overweight or obese. **Space limited.**

- 6-week program, meeting twice per week
- Meetings held Mondays/Wednesdays, 6:30-8 pm
- Led by Debra Mazda, M.Ed, CPT, her certified fitness trainer staff, and a registered dietician



WHEN: Begins Monday, October 6

TIME: 6:30-8 pm

LOCATION: LANSDALE AREA FAMILY YMCA

Please contact Debra Mazda, 215-368-1601 x 216 for information

COST: \$60 for members, \$100 for non-members

LANSDALE AREA FAMILY YMCA